



Successful Treatment of Hemorrhoids using Yoga Prana Vidya (YPV) Healing System

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Abstract

Introduction: Hemorrhoids, commonly known as piles, are also a frequent concern during pregnancy, affecting nearly 25–35% of women. They occur due to increased uterine pressure, hormonal changes that relax blood vessels, and constipation, leading to swollen, itchy, and painful veins around the anal region, often accompanied by bleeding during bowel movements. This paper discusses the case of a 34-year-old woman who developed piles in the third month of pregnancy. Her condition persisted even after childbirth, continuing until her baby was seven months old. She experienced complete recovery through Yoga Prana Vidya (YPV) healing, demonstrating its effectiveness as a complementary healing approach.

Methods: This case study presents a comprehensive assessment of a female patient's health status before and after Yoga Prana Vidya (YPV) healing sessions conducted by YPV healers. The study is based on systematic data collection, including regular daily feedback provided by the patient throughout the healing period.

Results: After one and a half months of consistent daily Yoga Prana Vidya (YPV) healing, the patient experienced complete recovery, with the cessation of bleeding and relief from painful mornings. Regular daily follow-ups confirmed stable healing, as she was able to pass stools comfortably and without discomfort each day. The patient's overall improvement clearly demonstrated the effectiveness and healing potential of the YPV system in restoring normal bodily function and well-being.

Conclusion: The Yoga Prana Vidya (YPV) system follows an integrated and holistic healing approach that has shown effectiveness in managing hemorrhoids when practiced consistently, leading to sustained outcomes. Further research using robust methodologies and larger sample sizes is recommended to strengthen evidence. Increased awareness of YPV healing among individuals and medical professionals can support its integration with conventional care for holistic, long-term patient wellbeing.

Keywords: Hemorrhoids; Piles; Fissures; Constipation; Yoga Prana Vidya System®; YPV®

Introduction

What are hemorrhoids?

Hemorrhoids are swollen, enlarged veins that form inside and outside of your anus and rectum. They can be painful and

uncomfortable and cause bleeding. Hemorrhoids are also called piles.

We're all born with hemorrhoids, but they typically don't bother us. It's only when they swell and enlarge that they produce irritating symptoms.

An estimated 1 in 20 Americans have hemorrhoids that are bothersome. They affect people of all ages, races and ethnicities. They're more common as you age, affecting more than half of people over age 50.

Types of hemorrhoids

Hemorrhoids can happen inside or outside of your rectum. The type depends on where the swollen vein develops. Types include:

- **Internal:** Swollen veins form inside your rectum. Internal hemorrhoids may bleed, but they usually aren't painful.
- **External:** Swollen veins form underneath the skin around your anus. Your anus is the hole where your poop comes out. External hemorrhoids can be itchy and painful. Occasionally, they bleed. You can usually see or feel external hemorrhoids.
- **Prolapsed:** Internal hemorrhoids can prolapse or bulge outside of your anus (butthole). These hemorrhoids may bleed or cause pain.
- **Thrombosed:** A blood clot forms in an external hemorrhoid. These types are usually painful and cause a purple/blue lump to form outside of your anus. (This clot only affects your anus and doesn't move to other parts of your body.)

Symptoms and causes

Internal hemorrhoids rarely cause pain (and typically can't be felt) unless they prolapse. Many people with internal hemorrhoids don't know they have them because they're inside your rectum. If you have symptoms of internal hemorrhoids, you might see bright red blood on toilet paper, in your poop or in the toilet. If an internal hemorrhoid prolapses through your anus, you may be able to gently push it back inside.

External hemorrhoids tend to be a little more noticeable because they happen outside your anus. Signs and symptoms of external hemorrhoids include:

- Itchiness or irritation around your anus
- Hard lumps near your anus that feel sore or tender
- Pain or ache in your anus, especially when you sit
- Bleeding when you wipe

A thrombosed hemorrhoid is when blood pools inside an external hemorrhoid. This can cause similar symptoms like

swelling, inflammation and pain, but it's typically much more severe and sudden.

What does a hemorrhoid look like?

Hemorrhoids look different depending on the type. You won't see an internal hemorrhoid unless it protrudes (prolapses). A prolapsed internal hemorrhoid is usually a small lump around your butthole that you can push back in.

Non-thrombosed external hemorrhoids are usually the color of your skin. They're soft to the touch and you can't push them back in. Thrombosed external hemorrhoids may appear blue, black or purple and be firmer to touch. They're often more painful.

Keep in mind that not all lumps are hemorrhoids. It's important to contact a healthcare provider for a diagnosis.

What causes hemorrhoids?

Too much pressure on the veins in your anus or rectum, as well as irregular bowel movements, cause hemorrhoids. This pressure and irritation lead to swelling and inflammation of your veins.

Some activities or conditions that cause pressure and lead to (or worsen) hemorrhoids are:

- Pushing hard to have a bowel movement (poop)
- Straining to lift heavy objects or weightlifting
- Sitting on the toilet for long periods of time
- Having chronic constipation or diarrhea
- Eating a low-fiber diet
- Being pregnant
- Having overweight/obesity
- Having anal intercourse

In this patient, pregnancy was identified as the primary contributing factor for the development of hemorrhoids, likely due to increased pressure, hormonal changes, and reduced venous circulation during this phase. After initiating Yoga Prana Vidya (YPV) healing sessions, the patient showed steady and progressive improvement. The severity of pain, discomfort, and associated symptoms reduced gradually over the healing period. With consistent application of YPV protocols, complete relief was achieved, and after 14 days of healing, the patient was successfully

cured through Yoga Prana Vidya (YPV) healing, with sustained improvement and no reported recurrence.

Management, treatment and prevention

Smaller hemorrhoids often go away with eating more fiber and changes to your toilet habits. Symptoms like pain and bleeding may last one week or slightly longer. In the meantime, you can take these steps to help ease your symptoms:

- Apply over-the-counter medications containing lidocaine, witch hazel or hydrocortisone to the affected area.
- Drink more water.
- Increase how much fiber you eat or take fiber supplements.
- Soak in a warm bath (sitz bath) for 10 to 20 minutes a day.
- Soften stool by taking laxatives.
- Take nonsteroidal anti-inflammatory drugs (NSAIDs) for pain and inflammation.
- Use toilet paper with lotion or flushable wet wipes to pat and clean your bottom after pooping. You can also use a tissue or washcloth moistened with water.

How do healthcare providers treat hemorrhoids?

You should see your healthcare provider if symptoms get worse or interfere with your daily life or sleep. Also, seek help if signs don't improve after a week of at-home treatments. Your provider may treat hemorrhoids with:

- **Rubber band ligation.** Your provider places a small band around the base of a hemorrhoid to cut off blood supply to the vein.
- **Electrocoagulation.** An electric current stops blood flow to a hemorrhoid.
- **Infrared coagulation.** A small probe in your rectum releases heat to get rid of the hemorrhoid.
- **Sclerotherapy.** Your provider injects a chemical into the swollen vein to destroy hemorrhoid tissue.

Surgical treatments include:

- **Hemorrhoidectomy:** Surgery removes large external hemorrhoids or prolapsed internal ones.

- **Transanal hemorrhoidal dearterization (THD):** Internal hemorrhoids are tied off and pulled back into your rectum with sutures.
- **Hemorrhoid stapling:** A stapling instrument removes an internal hemorrhoid. Or it pulls a prolapsed internal hemorrhoid back inside your anus and holds it there.

Prevention

Hemorrhoids are common and you can't always prevent them. But these steps can help reduce your risk of hard stools and constipation that can lead to hemorrhoids:

- Don't sit too long or push too hard on the toilet.
- Go to the toilet when the urge hits — don't wait or hold it in.
- Drink plenty of water throughout the day.
- Keep your stool soft and formed. Eat more high-fiber foods (fresh fruits, vegetables and whole grains) or take fiber supplements. Generally, 25 to 38 grams of fiber is enough for most adults.
- Stay active. Being on the move keeps bowels moving.
- Take laxatives or use enemas only as recommended by your healthcare provider. Too many laxatives or enemas can make it hard for your body to regulate how you poop.

Summary

Millions of people seek treatment for hemorrhoids at some point in their lives. But many more never seek treatment and experience discomfort caused by hemorrhoids. Don't let embarrassment or fear stop you from talking to a healthcare provider. You aren't the first to talk to them about hemorrhoids, and you won't be the last.

If hemorrhoids cause you pain or discomfort, a healthcare provider has treatments that can help. You can also take steps to keep hemorrhoids from coming back [1].

Yoga Prana Vidya (YPV) and hemorrhoids

Yoga Prana Vidya (YPV), as an alternative approach, focuses on energy healing and holistic well-being. For Hemorrhoids, YPV practices may include:

- **Energy Healing:** Using techniques to cleanse and balance the energy body, which may influence physical and emotional aspects related to Hemorrhoids.
- **Meditation and Relaxation:** Techniques including Pranayama, Forgiveness Sadhana and Meditation to promote relaxation, reduce stress, and improve sleep quality using self-practice techniques of free YPV Sadhana App.
- **Holistic Approach:** Integrating physical, emotional, and mental health to address underlying factors contributing to Hemorrhoids.

Yoga Prana Vidya (YPV)

As explained by the founder of the Yoga Prana Vidya (YPV) System, Yoga should be understood as much more than physical postures and breathing techniques. Rooted in the teachings of Sage Patanjali, Yoga is essentially Ashtanga Yoga—an eightfold path that encompasses multiple dimensions of human development. The ultimate aim of Yoga is union with the Divine and the expression of our inherent inner potential.

Yogic philosophy explains that the Soul functions through multiple bodies: the Physical Body (Annamaya Kosha), the Energy Body (Pranamaya Kosha), and the Emotional and Mental Bodies (Kama Kosha and Manomaya Kosha). True well-being depends on maintaining the health of the Energy Body, which serves as the blueprint for the Physical Body. Prana refers to the vital life force, while Vidya signifies the knowledge of sustaining it—together forming the foundation of the YPV system.

YPV healing follows a simple yet powerful two-step process: cleansing depleted or diseased energy and energizing the system with fresh prana. The healer functions as a channel for energy transmission, thereby accelerating the body's innate healing ability. The system includes both proximal (in-person) and distal (distance) healing, with the latter demonstrating remarkable effectiveness during the COVID-19 pandemic. YPV represents a modern, practical adaptation of ancient energy healing wisdom, making self-healing and healing others accessible in today's fast-paced world.

Yoga Prana Vidya envisions a world in which individuals awaken to their inner potential, experience lasting peace, and contribute to collective harmony and well-being. It is a transformative path

that enables people to connect with their intrinsic energy, healing abilities, and spiritual strength to lead balanced and fulfilling lives.

Integrating breathing techniques, physical exercises, meditation, and energy healing, YPV empowers individuals to channel divine energies for self-healing and service to others. The system emphasizes healthy living, emotional balance, and spiritual growth, seamlessly blending ancient wisdom with modern practices to address diverse health challenges and enhance overall quality of life.

Research papers

Existing literature includes over 146 research papers published in peer-reviewed journals demonstrating the effectiveness of YPV system protocols as both complementary and alternative treatment approaches, with selected recent studies cited in the references. For example, healing treatment of a female patient suffering from kneecap dislocation [2], Successful healing treatment of adenomyosis [3], A case of Unilateral multi-cystic dysplastic Kidney in a 7 - month fetus - Successful healing [4], Successful Healing Treatment of Renal Calculi (Kidney Stones) [5], Skin ailments: A multiple case study [6], Varicose Vein with Perforator Incompetence and Ulcerative Gangrene [7], Herpes Zoster Infection [8], A case of accidentally crushed hand [9], A study on a Randomized Control Trial using 10PM Online Divine Group Healing was done for Well-Being of IT professionals [10], Bed-Wetting of two girl child aged 6 and 8 respectively [11], Healing Small Intestinal Bacterial Overgrowth –SIBO [12], Healing gangrene cases [13].

Case Report

Patient's background

A 34 years old female residing in Porbandar city of Gujarat state, India, working as a government medical college lecturer, Education - MBBS and MD. She was having moderate body build up, with a history of occasional constipation, indigestion, Gas, and acidity.

Pre-YPV medical history

The patient had a prior history of occasional indigestion, gas, and acidity. During pregnancy, she developed severe constipation accompanied by hemorrhoids (piles) and anal fissures. The onset of hemorrhoids and fissures was noted in approximately November 2024, during the third month of pregnancy.

Clinical symptoms included persistent and severe constipation, intense itching, burning sensation, and pain in the anal region. Physical assessment revealed three hemorrhoidal swellings and three anal fissures. As the patient is a medical professional, she initially managed the condition conservatively, anticipating spontaneous resolution following childbirth.

However, in November 2025, the internal hemorrhoids exacerbated significantly, presenting with profuse bleeding during defecation. Conservative management, including sitz baths, was advised; however, the bleeding remained uncontrolled and persisted even after prolonged sitz baths lasting up to 45 minutes.

The severity of symptoms led to considerable psychological distress, characterized by anxiety and heightened stress. This was further compounded by her responsibilities as a working professional and the primary caregiver of a seven-month-old infant.

Medical treatment before YPV

During pregnancy, no pharmacological or surgical interventions were initiated for the management of the condition. Following a recurrence and exacerbation of symptoms in November 2025, a five-day course of medication was prescribed. In the event of persistent or unresolved symptoms, further diagnostic evaluation through proctoscopy was advised, with operative laser haemorrhoidectomy recommended as a subsequent treatment option.

YPV intervention

The patient consulted a Yoga Prana Vidya (YPV) healer in the first week of December 2025. Following the initiation of YPV healing, a marked reduction in symptoms—including severe itching, bleeding, and constipation—was observed within two days. Psychological symptoms such as fear, anxiety, and excessive worry decreased by approximately 80%.

After five days of healing, the patient reported near-complete symptomatic relief. However, on the sixth day, she experienced mild bleeding during defecation. Consequently, she opted to undergo medical evaluation while continuing YPV healing interventions. A five-day course of medication resulted in partial symptomatic improvement; however, pruritus persisted. The patient subsequently discontinued pharmacological treatment due to lack of sustained benefit and concern regarding symptom recurrence.

Despite cessation of medication, no further exacerbation of symptoms was observed, which the patient attributed to the ongoing YPV healing sessions.

YPV healing protocol

YPV Psychotherapy, Internal organ cleansing technique and blood cleansing techniques of YPV Healing using appropriate colour prana.

Healing was done twice a day from 3rd December 2025 to 9th December 2025.

Once a day from 10th December 2025 to 10th January 2026.

Total 48 healings were done from 3rd December 2025 to 10th January 2026.

Following YPV protocols followed by Patient:

- Rhythmic Yogic Breathing twice a day
- Forgiveness Sadhana once a day using free YPV Sadhana App.

Result

After YPV intervention

After 14 days of uninterrupted Yoga Prana Vidya (YPV) intervention, the patient reported complete resolution of all presenting symptoms, including constipation, hemorrhoidal bleeding, itching, pain, and associated gas and acidity. No residual discomfort or functional limitation was noted. Along with physical recovery, the patient experienced a significant improvement in emotional stability, confidence, and overall sense of well-being, enabling her to resume daily and professional activities without distress. Maintenance healing sessions were continued as a preventive measure until 10th January 2026. By the first week of January 2026, the patient was assessed to have achieved complete clinical recovery. Importantly, no recurrence of symptoms was observed during the maintenance phase, upon cessation of healing on 10th January 2026, or during a follow-up period extending to 20 days after discontinuation of YPV intervention, indicating sustained therapeutic benefit.

Conclusion

This case report highlights the potential effectiveness of Yoga Prana Vidya (YPV) healing in the management of hemorrhoids

and their associated symptoms. The intervention demonstrated favorable outcomes, particularly in situations where the underlying etiology of the condition is multifactorial or not clearly defined. These observations underscore the need for well-designed scientific studies to further explore the pathophysiology of hemorrhoidal disease and to identify optimal management strategies. Emerging evidence from such investigations suggests that YPV healing may function not only as a complementary therapeutic intervention but also as a potential preventive modality in the long-term management of hemorrhoidal conditions.

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Conflict of Interest:

None.

Ethical Approval

Not required.

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